

**NguMongameli  
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# Bona, Ukhumbule, futhi Ubonge

**U**Nkulunkulu usicela ukuba sibonge Yena kunomayiziphi izibusiso esizitholayo ezivela Kuye.

Kulula kithi ukuba sithandaze ngokungazimiseli, esikhathini esiningi siphinde amagama afanayo ngaphandle kokubanenhloso yokubonga isipho senhliziyi kuNkulunkulu. Kumele “sibonge . . . kumoya oNgcwele” (D&C 46:32) ukuze sizwe ukubonga okwangempela kulokho uNkulunkulu asinikeze kona.

Singakwazi kanjani ukukhumbula noma ingxenye yakonke uNkulunkulu asenzele kona? uMpostoli uJohane wabhala phansi lokho uMsindisi asifundisa kona mayelana nesipho sokukhumbula esivela ngesipho sangoMoya oNgcwele: “Kepha uMkhuseli, owuMoya oNgcwele, lowo uBaba ozakuwuletha egameni lami, uzakufundisa zonke izinto, futhi ulethe zonke izinto ukuba uzikhumbule, noma yini engiyishilo kuwe” (uJohane 14:26).

Umoya oNgcwele uyasikhumbuza lokho uNkulunkulu asifundise kona. Enye yezindlela futhi uNkulunkulu asifundisa ngayo yizibusiso Zakhe; ngakho-ke, uma sikhetha ukusebenzisa ukholo, uMoya oNgcwele uzoletsa isihle sikaNkulunkulu ekukhumbuleni kwethu.

Ungacwaninga ngomthandazo namuhla. Ungalandela umyalelo othi “Uzakubonga iNkosi onguNkulunkulu wakho kuzozonke izinto” (D&C 59:7).

uMongameli uEzra Taft Benson (1899–1994) wabeka umbono wokuthi umthandazo wenza isikhathi sokwenzisa lokho. Wathi: “uMprofethi uJoseph wathi ngesinye isikhathi enye yezono ezinkulu labo Abangcwele bezinsuku Zokugcina abazobanesono ukuba nokungabi nokubonga. Ngiyathemba ukuthi abaningi bethu abakacabangi lokho njengesono esikhulu. Kujwayelekile kakhulu kithi emithandazweni yethu kanye nokucela kwethu eNkosini ukuba sicele izibusiso ezinye. Kepha ngesinye isikhathi ngicabanga ukuthi kumele sibheke kakhulu emithandazweni yethu ekukhombiseni ukubonga kanye nokubonga izibusiso esivele sinazo. Esizijabulela kakhulu.”<sup>1</sup>

Ungathola isifundo esinjena kanye nesipho soMoya oNgcwele namuhla. Ungaqala umthandazo uwedwa ngokubonga. Ungaqala ubale izibusiso zakho bese futhi ume umzuzwana. Uma usebenzisa ukholo, ngesipho sikaMoya oNgcwele, uzakuthola ukuthi izibusiso ezinye ozikhumbulayo zizakugcwala engqondweni yakho.

Uma uqala ngokukhombisa ukubonga isibusiso ngasinye, umthandazo wakho ungahle uthathe isikhathi eside kunokujwayelekile. Ukukhumbula kuzakuza, futhi nokubonga.

Ungazama into efanayo njengoba ubhala kwijenali yakho. uMoya oNgcwele usize abantu ngalokho kusukela ekuqaleni kwesikhathi. Uyakhumbula ukuthi incwadi kaMose ithi, “Futhi incwadi yokukhumbula yagcinwa, lapho okwabhalwa khona phansi, ngolwimi lukaAdamu, ngoba yanikezwa kubobonke ababizwa nguNkulunkulu ukuba babhale ngomoya ogqugquzeli-sayo ” (uMose 6:5).

uMongameli uSpencer W. Kimball (1895–1985) uchaze lomsebenzi wokubhala ngokugququzeliswa: “Labo abagcina incwadi yokukhumbula bangakwazi ukukhumbula iNkosi ezimpilweni zabo mihla yonke. Amajenali indlela yokubala izibusiso zethu kanye nokugcinela amadlozi umlando walezibusiso.”<sup>2</sup>

Njengoba uqala ukubhala, ungazibuza wena, “uNkulunkulu ungibusise kanjani mina kanye nalabo engibathandayo?” Uma wenza lokho njalo ngokwanele futhi nangokholo, uzakuzithola ukhumbula izibusiso. Futhi ngesinye isikhathi uzakuthola izibusiso ezilethwe engqondweni yakho lezo ohluleke ukuzibona ngosuku kepha uzakwazi ukubona lapho isandla sikaNkulunkulu esithinte khona empilweni yakho.

Ngiyathandaza ukuthi singakwazi ukwenza umzamo oqhubekayo okholweni ukuze sikwazi ukubona, sikhumbule, futhi sibenokubonga kulokho uBaba wethu waseZulwini kanye noMsindisi wethu abakwenzile futhi nokuvula indlela eya ekhaya kuBona.

#### AMANOTHI

1. uEzra Taft Benson, *God, Family, Country: Our Three Great Loyalties* (1974), 199.
2. uSpencer W. Kimball, “Listen to the Prophets,” *Ensign*, May 1978, 77.

## UKUFUNDISA OKUVELA KULOMLAYEZO

Kumlayezo wakhe, uMongameli Eyring usimema ukuba sikhumbule isihle sikaBaba waseZulwini emthandazweni yethu. Xoxisana kanye nalabo obafundisayo ukuba ukuthandaza ngokubonga kungasiza thina sikwazi ukubona isandla sikaNkulunkulu ezimpilweni zethu. Cabanga ngokuthandaza uguqile kanye nalabo obafundisayo futhi ubeke umbono kulowo ozakuthandaza ukuthi akhombise ukubonga kuphela.

Futhi ungakwazi ukufunda ngokubaluleka kokubonga ngokufunda lamavesi ekungezeni kumavesi lawo uMongameli uEyring awashilo: Amahubo 100; uMozaya 2:19–22; uAlma 26:8; 34:38; Imfundiso kanye Nezivumelwano 59:21; 78:19; 136:28.

## INTSHA

### Yenza Iqoqo

**U**Mongameli uEyring ucaphuna emagameni kaMongameli uSpencer W. Kimball (1895–1985) ethi “amajenali indlela yokubala izibusiso zethu kanye nokugcinela amadlozi umlando walezibusiso.” Kwinkomfa kawonkewonke kaOkthoba 2012, uMongameli uThomas S. Monson wabeka ubufakazi bakhe ngokubhala kwejenali. Wabelana ngezinye zezimfundiso zempilo yakhe, engeza, “Ijenali yami yamihla ngemihla, engayigcina kuleminyaka, ingisizile ngokuletha izinto eziqondene lezo mhlawumbe engeke ngakwazi ukuzikhumbula.” Waluleka ethi, “Yenza iqoqo lempilo yakho futhi ufune kakhulukazi izibusiso, ezinkulu kanye nezincane, ozitholile” (“Consider the Blessings,” *Liahona* and *Ensign*, Nov. 2012, 86). Sebenzela ekulandeleni imiyalelo yalabaprofethi futhi ubeke inhloso yokubhala kwijenali yakho.

### Izindlela Eziningi Zokuthi Ngiyabonga

*“Kuyoyonke indawo kumhlaba  
wonke ekupheleni kosuku,  
Abantwana bakaBaba waseZulwini  
bayaguqa phansi futhi bathandaze,  
Omunye nomunye uthi uyabonga  
ngendlela yakhe eyisiphesheli.”*

“Children All Over the World,” Children’s Songbook, 16.

Sebenzisa imephu ukuze uthole amazwe ahlukene lapho lolwimi lukhulunywa khona. Olunye lwalwezi- lwimi lukhulunywa kumazwe aphezu kwelilodwa!

1. gracias (Spanish)
2. malo (Tongan)
3. thank you (English)
4. shukriyaa (Hindi)
5. spaseba (Russian)
6. arigatō (Japanese)
7. obrigado (Portuguese)
8. asante (Swahili)
9. merci (French)



# Inhlalakahle

*Funda lomlayezo futhi, ngokufanelekile, xoxisana ngayo nalabo dade obavakashelayo. Sebenzisa lemibuzo ukusiza ukuqinisa odade bakho nokwenza Inhlalakahle Yabesimame Yenkululeko ibe yingxenye ebalulekile yempilo yakho. Ukuthola ulwazi oluningi ngalokhu, iya kuwww.reliefsociety.lds.org.*

Ukholo • Umndeni • Inkululeko

Injongo yenhlalakahle yeBandla ukuba kusizakale amalungu ukuba akwazi ukuzimela ngokwabo, ukunakekela labo abampofu futhi nabaswele, kanye nokusebenza ngokusiza. Inhlalakahle iphakathi komsebenzi weNhlalakahle Yabesimame Yenkululeko. UMongameli uHenry B. Eyring, Ikhansela Lokuqala kuboMongameli Bokuqala, wafundisa:

“[iNkosi] kusukela ekuqaleni kwesikhathi yaletha izindlela zokusiza izinceku Zayo. Uye wamema abantwana Bakhe ukuba banikele ngesikhathi sabo, ngalokho abanakhokho futhi basebenzisane Naye ukusiza abanye. . . .

Umemile futhi wasiyala thina ukuthi sabelane emsebenzini wakhe ukuphakamisa labo abahluphekileyo. Senze isivumelwane ukwenza lokhu emanzini wokubhabhadisa futhi nasemathempelini angcwele kaNkulunkulu. Sivuselela isivumelwano ngeSonto ngenkathi samukela isidlo seNkosi.<sup>1</sup>

Ngaphansi kokuholwa ngubhishobhu noma umongameli wegatsha, abaholi bendawo basiza ngokwenhlalakahle yangomoya angcwele kanye neyasemhlabeni.

Amathuba wokusebenza ngokusiza avamise ukuqala kubothisha bokuvakasha labo abafuna ugqozu lokwazi ukuba bangasiza kanjani mayelana nezidingo zabo dade ababavakashelayo.

## **Kuvela Embhalweni Ongcwele**

uLuka 10:25–37; uJames 1:27; uMozaya 4:26; 18:8–11; Imfundiso kanye Nezivumelwano 104:18

## **Kuvela Emlandweni Wethu**

Ngomhlaka 9 June, 1842, uMprofethi uJoseph Smith wayala abodade kwiNhlalakahle Yabesimame Yenkululeko ukuba “basize abampofu” futhi nokuba “basindise imphefumulo.”<sup>2</sup> Lezinhloso zibalulekile kwiNhlalakahle Yabesimame Yenkululeko futhi ziyakhonjiswa kwisisho sethu, “Uzwelo Alusoze Lwahleleka” (1 AbaseKhorinte 13:8).

UMongameli Jikelele weNhlalakahle Yabesimame Yenkululeko wethu wesihlanu, uEmmeline B. Wells, kanye namakhansela wakhe basungula lesisho ngo 1913 njengesikhumbuzo semithetho yokuqala: “Siyamemezela ukuthi kuwumsebenzi wethu ukuba . . . [gcine] kakhulu imfundiso ka Mprofethi

uJoseph Smith ngenkathi eveza iplani lokuba abesifazane bazakuthuthukiswa ngokusetshenziswa kobupristi ukuba bahlangane babe yinhlangano efanelekile ngenjongo yokusiza abagulayo, basize abasweleyo, baduduze asebagugile, bayale abanobuthakathaka, basize abashonelwe.”<sup>3</sup>

Namuhla Inhlalakahle Yabesimame Yenkululeko ifinyelela kuwowonke umhlaba njengoba odade bakhulisa uzwelo, uthando oluphelele lukaKrestu, kubomakhelwane babo (bona uMoroni 7:46–47).

### **AMANOTHI**

1. uHenry B. Eyring, “Opportunities to Do Good,” *Liahona* kanye *Ensign*, May 2011, 22.
2. Joseph Fielding Smith, in *Daughters in My Kingdom: The History and Work of Relief Society* (2011), 97.
3. *Daughters in My Kingdom*, 63.

## **Ngingenzenjani?**

**1.** Ngizilungiselele kanjani ukuba ngizinkelele mina kanye nomndeni wami ngokomoya angcwele kanye nokwasemhlabeni?

**2.** Ngingalandela kanjani isibonelo sikaMsindisi njengoba ngizama ukuhlangabezana nezidingo zodade engibavakashelayo?